



# Me, Chi, and Bruce Lee: Adventures in Martial Arts from the Shaolin Temple to the Ultimate Fighting Championship

*Brian Preston*

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## **Me, Chi, and Bruce Lee: Adventures in Martial Arts from the Shaolin Temple to the Ultimate Fighting Championship** Brian Preston

What happens when a self-styled wuss sets out to earn a black belt? Why have Eastern martial arts become so popular worldwide? Is the Ultimate Fighting Championship a beautiful fusion of East-meets-West martial technique, or shameless commercialization? These questions and more find answers in *Me, Chi, and Bruce Lee*, a rollicking journey through the world of modern martial arts.

Author Brian Preston's trek takes him from a kung fu school in his hometown of Victoria, Canada, to the storied Shaolin Temple in China, back to Canada to meet Brazilian Jujitsu legend Royce Gracie, and on to Vegas and the thrills of the Ultimate Fighting Championship. Along the way, Preston discovers a vast array of martial arts practices, theories, and controversies—when he's not too busy getting a beat-down from a 60-year-old woman. Sprinkled with reflective detours into serious subjects like the nature of violence and the state of modern China, *Me, Chi, and Bruce Lee* expertly blends a lively travelogue, a droll riff on the "innocent abroad" theme, and an informative introduction to global martial arts.

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A lot of people always spent their very own free time to vacation or perhaps go to the outside with their family members or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity honestly, that is look different you can read a book. It is really fun for you personally. If you enjoy the book which you read you can spent all day every day to reading a reserve. The book Me, Chi, and Bruce Lee: Adventures in Martial Arts from the Shaolin Temple to the Ultimate Fighting Championship it is quite good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space bringing this book you can buy the e-book. You can more very easily to read this book through your smart phone. The price is not too costly but this book possesses high quality.

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People live in this new day time of lifestyle always aim to and must have the spare time or they will get large amount of stress from both day to day life and work. So , when we ask do people have spare time, we will say absolutely sure. People is human not only a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the actual book you have read is actually Me, Chi, and Bruce Lee: Adventures in Martial Arts from the Shaolin Temple to the Ultimate Fighting Championship.

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#### **Dean Herbert:**

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